

CHILDREN LEARN HEALTH RHYTHM AND WELL-BEING

First Of Series Of Exhibitions Given Yesterday At Adams Grounds Before A Large Crowd Of Spectators

Business men and women of Phoenix a generation hence will be a sturdy lot.

Phoenix is making every provision for the welfare of its future citizens in energetically carrying out a program of intensive physical training as a part of the educational program.

The first of a series of exhibitions to demonstrate just what is being accomplished in local schools in the way of more betterment was given at the Adams school yesterday afternoon. It was an invitation affair, with all the parents of students invited to carefully survey that portion of the school work which pertains to physical development.

Hundreds of Parents Present. Hundreds of fathers and mothers gathered at the Adams school yesterday to witness a spectacle unparalleled in the history of Phoenix schools. Little totos, hardly large enough, it seemed, to understand the various commands given by the director, went through Swedish and German "rhythm" gymnastics with a precision, an exactness that bespoke earnest endeavor on the one hand and full confidence on the other. By rooms, the students drilled, exercised and performed. They demonstrated an eagerness to do the things outlined for them and there were mighty few mistakes.

Henry Will, Jr., physical director of Phoenix grammar schools, was directly in charge, ably assisted by a dozen teachers of the Adams school, all of whom entered heartily into the work. These exercises, it was emphatically pointed out, were a part of the daily program at the school. Deep breathing, for example, is practiced even as religiously in the daily routine as is spelling, reading, writing or arithmetic, it was stated.

Folk Dancing is Feature. Folk dancing was another feature of the program in which the older

HEALTH LECTURES SUNDAY



Temple Castlemaine, of Honolulu, will deliver two lectures at the K. of P. Hall tomorrow at 3 P. M. and 7:30 P. M., on "How To Get Well And Stay Well." Mr. Castlemaine is a noted physiologist and health exponent and comes to Phoenix from the coast cities where he has been lecturing to large audiences. In these lectures he deals with Mind, How It Cures, and the value of scientific eating. These lectures are free and everybody invited to attend.

students figured. The work, quite naturally, is conducted on a schedule according to the age of the individuals. The primary pupils, as an illustration, do not engage in the same burdensome exercises as a fourth or fifth grade pupil.

Three branches of physical education are carried out. First, the educational branch, in which the individual is taught clean methods of living. The corrective branch is second. Under this heading the pupil is taught the right methods of doing work, of resting, of playing. The hygienic branch is third. Cleanliness is the paramount issue under this branch.

In all of the various grammar schools of the city, an eight-minute period is set aside each day for the physical training of the pupils. All of the work is conducted in the open air and in the sunshine as much as possible. In addition, two-minute rest periods are taken four times each day. During these rest periods, all windows and doors are thrown open and deep breathing exercises are practiced.

Event Complete Success. At the conclusion of the exhibition work, the pupils were divided into groups, by rooms and games were enjoyed for the remainder of the school period. The development of playgrounds at the different schools is another feature on which the school authorities are concentrating their efforts. It is planned to develop these

GO TO CHURCH SUNDAY

EVERY man is better for the spiritual improvement he will derive from Church Attendance on Sunday. Then too, there is the mental improvement to be absorbed from masterly sermons that develop our grasp on new thoughts of the day. Subjects which appeal to our intelligence, our emotions and our duty to brother man. The environment of soulful peace, the benediction of rest from our work-a-day activities and the enthrallment of inspiring music are potent attractions to influence the habit of "going to Church on Sundays."

Trinity Pro-Cathedral

First Avenue and Roosevelt Street
SUNDAY SCHOOL AT 9:45 A. M.
MORNING SERVICE AT 11:00 A. M.
Dean Scarlett will preach at the Morning Service.

The Cathedral Choir will sing.

THE SUNSHINE EVANGELISTS

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AT THE CENTRAL CHRISTIAN CHURCH

KELLEMS

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RICHARDS

Great Sermons - Great Music

playgrounds as quickly as possible or, to be more exact, as soon as the necessary funds are available.

Approximately 750 children attend the Adams school, which is one of the two largest grammar schools of the city. Several hundred parents responded to the invitation yesterday, the event proving a complete success in every sense of the word.

STORY HAS NO EFFECT ON ICY-HEART JUDGE

Bright lights, spirited music and lively dancing made the dance hall at

night. Sparkling eyes, rosy cheeks and a winning smile made Lucile attractive to a certain male patron of the place. But the oozing eyes of the interested patron were met with a cold and distant stare from Lucile. She just couldn't be bothered with him, and when he made more direct advances, Lucile left the lights, the music and the dance behind, and alone, started for a cafe.

But she found him waiting for her outside the restaurant half an hour later. Lucile crossed the street. The persistent male followed. The chase led down First street to Monroe. An automobile parked conveniently near seemed to Lucile to offer an opportunity of escape from the obnoxious monster. She clambered into the car and turned on the lights. Just then a policeman happened along. The male trailer disappeared. Lucile shut off the lights. The policeman introduced himself.

Before Judge Thomas in police court yesterday Lucile told the above interesting story.

"I'll admit the car didn't belong to me," she concluded.

"Ten dollars fine," was the judge's only comment upon the dramatic episode.

WORK OF WOMEN IN FARMING DISTRICT

At the recent Chicago conference of home economics Miss Florence E. Ward, in charge of home demonstration work with women of the U. S. department of agriculture, gave some

startling figures on the prominence of women's work. During the past year a survey of 900 homes was conducted by her department. The records were from 202 counties of the country in 28 states. Home demonstration agents of the agricultural extension service of Arizona contributed a number of these reports so the summary will have particular interest to Arizona people.

Miss Ward's survey showed that of the women in the agricultural areas included in the survey:

- 96 per cent do the family washing and ironing.
- 54 per cent carry in the fuel and carry out the ashes.
- 80 per cent care for the poultry.
- 55 per cent care for the garden.
- 32 per cent care for the milk.
- 88 per cent wash the milk pails.

58 per cent make the butter. Each woman spends on an average of 2 1/2 hours weekly in mending. The survey showed to a remarkable degree that the women folk of the farm are not only responsible for the home and the care of the children but that much of the actual food of the family and the cash income from the farm is dependent upon the farmer's wife.

Busy Drug HOLIDAY SELECTIONS

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Let us assist you in making your holiday purchases. Our lines consist of

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- Hair Brushes, Mirrors, etc.
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- Waterman Fountain Pens
- Ever Sharpe Pencils
- Ever Ready Flash Lights
- Universal Vacuum Bottles
- Ingersol, and Waterbury Watches
- Leather Goods
- Fine Box Papers, Writing Sets.
- Traveling Sets—Roll Ups
- Fit All Cases
- Shaving Sets—Safety Razors
- Los Angeles Chocolate Shop Candies
- Lowneys fine Chocolates
- Fine Perfumes, Toilet Waters, etc.
- Perfume and Face Powder in Sets

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WE ARE OVERSTOCKED ON QUILTS AND THEY ARE PUT BEFORE YOU BELOW COST

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FOLKS THIS SALE STARTS SATURDAY
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